

CLAIMS

WHAT IS CLAIMED IS:

1. 1. An exercise apparatus comprising:
 2. a frame;
 3. a seat mounted on the frame;
 4. a press arm pivotally coupled to the frame on a main pivot above the seat, said main pivot having an axis perpendicular to a longitudinal center line of the apparatus, said press arm including a main arm member extending downwardly from the main pivot, a transverse cross member coupled to the main arm member, and a pair of secondary arms pivotally coupled to the transverse cross member at respective ends thereof, wherein each of the secondary arms pivots without constraint both inwardly and outwardly with respect to the longitudinal center line, but each is constrained to move within a respective arcuate path that is fixed relative to the main arm member;
 5. a selectable weight stack; and
 6. a cable and pulley arrangement coupling the press arm to the selectable weight stack so as to provide exercise resistance for a press exercise.

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